

Terrific Taco Salad

Ingredients

1 medium onion, chopped	2 medium tomatoes, sliced into wedges
1/2 pound ground beef	1/2 cup shredded Colby Jack cheese
1/2 package taco seasoning mix	1/2 cup of your favorite salsa
1 (15 ounce) can black beans, drained and rinsed	4 tablespoons light sour cream
1 cup frozen corn	
6 cups chopped lettuce	



Directions

1. Heat a large non-stick frying pan over medium high heat.
2. Add onion and ground meat, cook until meat is browned.
3. Add taco seasoning, beans, and corn. Stir to mix well. Lower heat and simmer until mixture is heated through – about 5 minutes.
4. Place 1 1/2 cups of lettuce on each plate; add meat mixture.
5. Top salad with tomatoes, shredded cheese, salsa, and sour cream.

Makes 4 servings

*Nutrition information per serving:
350 calories, 13 g total fat, 6 g
saturated fat, 55 mg cholesterol,
700 mg sodium, 37 g carbohydrate,
9 g dietary fiber, 24 g protein*